

University of Arkansas, Fayetteville

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Student Newsletter, University of Arkansas First  
Year Experience

Student Affairs

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## Student Newsletter, September 2011

University of Arkansas, Fayetteville

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SEPTEMBER 2011

# STUDENT NEWSLETTER

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FOOTBALL CALENDAR

CHARTWELLS OFFERS MORE DINING OPTIONS



# WHAT DO YOU GET WITH A MEAL PLAN?



## MEALS

fresh, fun cuisine; i.e., not your parent's dining hall

### USE THESE AT:

NW Quad / Brough / Pomfret

### TO ORDER:

Entrees • Pizzas • Custom pasta bowls  
Salads • Burgers • Fresh veggies •  
Ethnic dishes



## LATE NIGHT / TRADES

your meal plan when you want, where you want

### USE YOUR MEAL PLAN AFTER HOURS HERE<sup>\*</sup>:

Union Food Court / Hill Grill /  
Papa John's / Quiznos

<sup>\*</sup>See times and guidelines for trades in each location.



## FLEX DOLLARS

more choices, more awesome

### USE THESE AT:

Any Chartwells retail location

### TO ORDER:

Anything from Indian curry to  
Chick-fil-A.

### FEED A FRIEND:

Use Flex\$ to buy a guest meal in any  
Dining Hall.

### LOAD UP:

They are re-loadable in two  
increments of \$50 per semester.

Remember: Meals and Flex\$ expire at the end of each  
semester. Check your balance with a Chartwells cashier or the  
ID office.



## BROUGH - A - GO - GO

a quick lunch take-out option

CHOOSE YOUR LUNCH ⇒ SWIPE YOUR CARD ⇒ EAT ANYWHERE!

### WHEN:

Lunch, Monday - Friday

### WHERE:

First floor of Brough Commons (next to  
Club Red)



## SPECIAL DIET NEEDS?

No problem.

To address celiac, food allergy, or vegetarian  
preferences, see your Dining Hall Director.

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**LIVING OFF CAMPUS?  
MEAL PLANS SAVE YOU  
MORE THAN YOU THINK.**

To view options or sign up, go to  
[housing.uark.edu/commutermeals](http://housing.uark.edu/commutermeals)

# HOMESICK!

These first few weeks are full of excitement as you enter your first semester of college. New classes, making friends, getting involved in a totally new community and learning how to be independent can be thrilling, but can also be difficult. You will probably experience stress and homesickness due to the transition to college life. This is normal—but there are ways you can manage homesickness and college life. So what do you do to cure these blues?

## Report back often

Share with your family both the exciting and not so exciting things you are experiencing in college – they want to know what is going on in your life. Your parents will want to share their experiences and offer advice too, even if they have not been in the same situation and that is okay. They want you to know they are there for you and get enjoyment out of you sharing with them. Remember, this is a transition time for them as well and you may find the conversations helpful for you and them.

## Talk to your RA

RAs are specially trained to assist you with any transition issues you may be going through. They have been in your situation before and can help tremendously. RA's are in the know with fun events and programs around campus and can help you get connected to other students with activities like Friday Night Live ([fnl.uark.edu](http://fnl.uark.edu)).

## Get involved

This is another way of coping with a major transition. The Center for Community Engagement hosts various volunteer opportunities that can help you adjust to your new home and help you make friends, all while giving back through

service. Visit [service.uark.edu](http://service.uark.edu) and [volunteer.uark.edu](http://volunteer.uark.edu).

## Join an RSO

The University of Arkansas also has an extensive list of Registered Student Organizations that serve as a great way for you to get involved. If you have a particular interest, there's probably a club for it! Check out the Student Activities website at [osa.uark.edu](http://osa.uark.edu) for a complete list of organizations and other programs like Associated Student Government and University Programs.

## Visit CAPS

If you are really struggling with the transition to college life, it might be a good idea to visit the Pat Walker Health Center. They not only provide various types of health and medical services, they also provide you with support through a program called CAPS (Counseling and Psychological Services). Staff members are available to meet with you and discuss a range of topics, including homesickness, managing stress and building healthy relationships. For more information on CAPS, visit their website at [health.uark.edu/caps.php](http://health.uark.edu/caps.php).

We hope that these tips will help you during this adjustment period! The University of Arkansas has many resources to help you during this time, so feel free to reach out and explore and always know that we are here to help if you have a question or an issue!

# FIRST YEAR PHOTO PROJECT

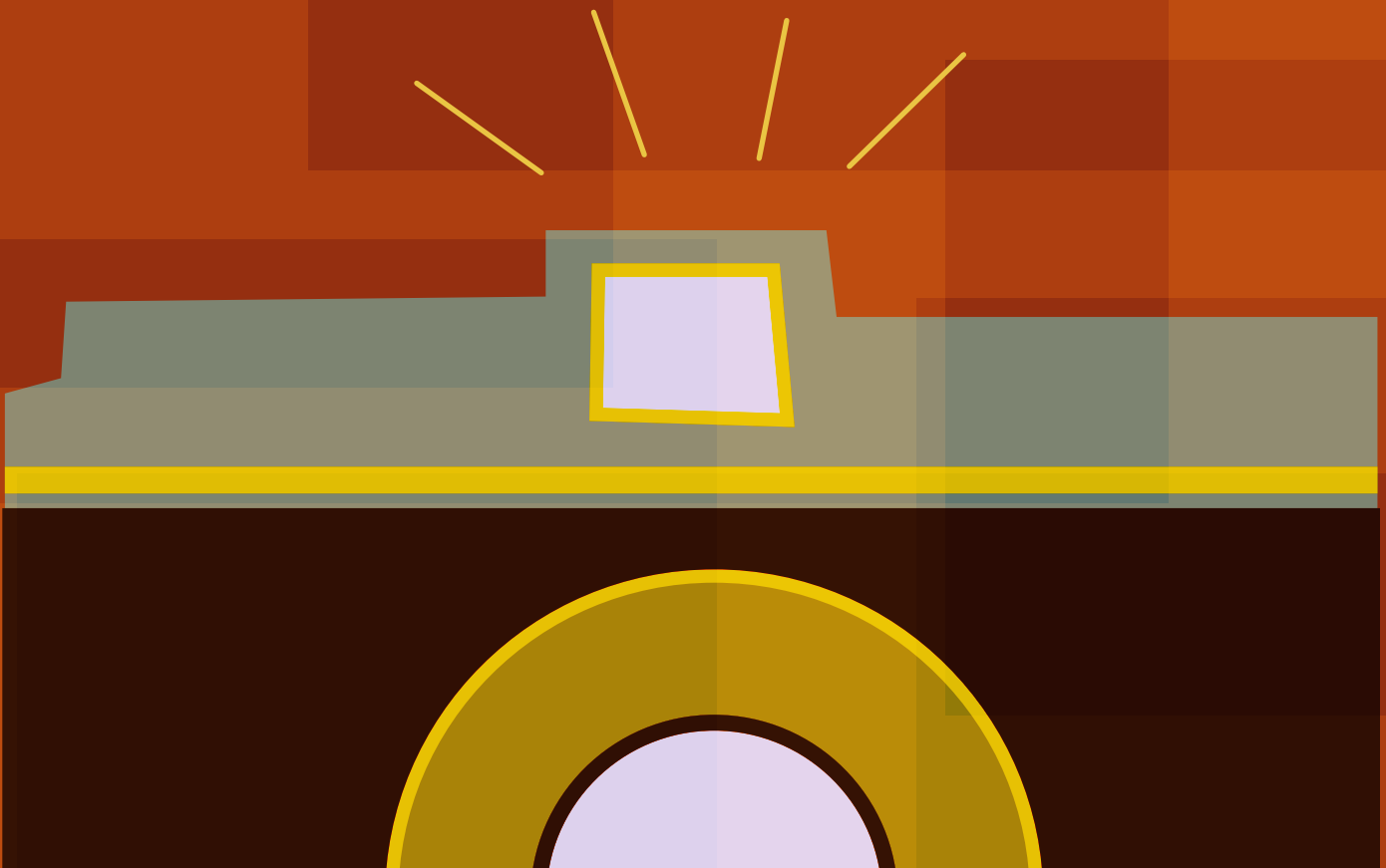
First Year Photo Project is a new program sponsored by First Year Experience. Aimed at allowing you to capture your first year memories—your first football game, favorite place on campus or favorite campus activity or event—FYPP encourages you to make the most of your college experience!

Throughout the year, you will meet to get to know one another, talk through various topics associated with your transition to college and first year at the University and engage in a variety of character building activities. You then take photos relating to these topics and share them within the group and across campus!

Photos from the year are showcased in the Anne Kittrell Art Gallery in the Arkansas Union at the end of the Spring semester.

Photos are also used in the New Beginnings Calendar sold by Parent & Family Programs and on the First Year Experience website.

So, if you are interested in photography, editing or design or would just like to try something new, visit <http://fye.uark.edu/4005.php> for more information or e-mail [fye@uark.edu](mailto:fye@uark.edu). The first meeting will be October 11th and you can expect to find more information about it all over campus very soon!



# SEPTEMBER CALENDARS

## ACADEMIC

SEPT 13-24	Receive 70% cancellation of fees for officially withdrawing from all classes; charged \$45.00 withdrawal fee; no tuition or fee adjustment for dropping an individual class.
SEPT 24- OCT 5	Receive 60% cancellation of fees for officially withdrawing from all classes; charged \$45.00 withdrawal fee; no tuition or fee adjustment for dropping an individual class
OCT 5	Early Progress grade reports for 1000 and 2000 level classes will be e-mailed to student's University email account

## ENTERTAINMENT AND CULTURAL EVENTS

SEPT 16-17	FAMILY WEEKEND 2011
SEPT 16	FRIDAY NIGHT LIVE: CASSINO NIGHT:Casino Royale @ Pomfret Great Room
SEPT 19	FINAL DAY: FRESH H.O.G.S. APPLICATIONS
SEPT 23	FRIDAY NIGHT LIVE: LATINO/CARIBBEAN NIGHT
SEPT 24	FRIDAY NIGHT LIVE: SPIRIT, PRIDE & TRADITION @ Barnhill Arena
SEPT 24	ARKANSALSA FEST: GEORGE'S MAJESTIC-FAYETTEVILLE
SEPT 28	SLAM POET: CARLOS ANDRES GOMEZ
SEPT 29	PLAZA DE LAS AMERICAS: VERIZON BALLROOM- FREE
SEPT 29	AN EVENING WITH JOSEFINA BAEZ- ARKANSAS UNION THEATER
SETP 30	LA TERTULIA: PRACTICE YOUR SPANISH- QDOBA MEXICAN GRILL

## RAZORBACK SPORTS

### FOOTBALL

SEPT 24	ALABAMA	at Tuscaloosa, Ala
OCT 1	Texas A&M	at Arlington, Tx
OCT 8	AUBURN	Fayetteville, AR

### VOLLEYBALL

SEPT 23	MISSISSIPPI ST.	Fayetteville, AR	7:00 p.m.
SEPT 30	KENTUKY	Fayetteville, AR	7:00 p.m.
OCT 2	TENNESSEE	Fayetteville, AR	1:00 p.m.

### TENNIS - MEN

SEPT 23	RAZORRACKET INVITATIONAL	Fayetteville, AR	ALL DAY
SEPT 24	RAZORRACKET INVITATIONAL	Fayetteville, AR	ALL DAY
SEPT 25	RAZORRACKET INVITATIONAL	Fayetteville, AR	ALL DAY

### SOCCER

SEPT 23	OLE MISS	Fayetteville, AR	7:00 p.m.
SEPT 25	MISSISSIPPI ST.	Fayetteville, AR	1:00 p.m.
SEPT 30	GEORGIA	Fayetteville, AR	7:00 p.m.
OCT 2	TENNESSEE	Fayetteville, AR	1:00 p.m.